

## **Abstract**

### **Title of diploma paper:**

Effect of anxiety on the athlete's sports performance in flatwater canoeing.

### **Objectives:**

The aim of the study was to find out the values of competitive state anxiety and evaluate its influence on sports performance in a race.

### **Methods:**

The questionnaire method CSAI-2 has been used to determine the values of the components of competitive state anxiety. The observed values were statistically compared with the standards of the best athletes and then analyzed with the performances of athletes in individual races. The dependence of the variable values was determined by correlation and regression analysis.

### **Results:**

Flatwater kayakers and canoeists have higher cognitive and somatic anxiety and lower self-confidence compared to other athletes. In the test group flatwater kayakers, we managed to demonstrate that the higher the values of cognitive and somatic anxiety, the higher the negative effect on the athlete's sports performance. Higher values of self-confidence affect performance positively. The dependence of the variable values has been identified as medium to high at the 5% significance level. In the case of flatwater canoeists, this dependence has not been statistically proven. Self-confidence of the athlete is positively affected by higher age and experience.

### **Keywords:**

Competitive state anxiety, self-confidence, factors of sports performance, Competitive State Anxiety Inventory-2, questionnaire CSAI-2.